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ABSTRACT

There appears to be an urgency, influenced by demographic changes, to learn more about racially/ethnically diverse populations, and the counseling and psychology fields are acknowledging the need to respond to demographic changes. This study was conducted to assess the status of research as regards racially/ethnically diverse populations in the professions of counseling and psychology, as reflected in the publications of selected journals of the American Psychological Association and the American Counseling Association. The study focused on the four major racially/ethnically diverse populations in the United States: Asian Americans and Pacific Islanders, African Americans, Hispanic Americans, and Native Americans (including Eskimos and Aleuts). A selective review of the literature was performed on racial/ethnic issues in the fields of counseling and psychology. Ten journals published between 1980 and 1990 were reviewed. The expectation of an increase in articles related to racial/ethnic issues was not supported. The findings showed that only 2.31% of the 8,227 articles reviewed focused on issues of racial/ethnic diversity. Further analysis of the data revealed that approximately 24.7% of the 190 identified articles were generated by researchers out of California. Despite the self-imposed challenges to increase appreciation of diversity within counseling and psychology, there continues to be a dearth of research with racial/ethnic populations. (NB)

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A Progress Report on the Research Status of Racial/Ethnic Populations In Counseling and Psychology

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ABSTRACT

The purpose of the present study was to assess the status of research as regards racially/ethnically diverse populations in the professions of counseling and psychology, as reflected in the publications of selected journals of the American Psychological Association (APA) and the American Counseling Association. Our expectation of an increase in articles related to racial/ethnic issues was not supported. The present study shows that only 2.31% of the total articles reviewed (N=8,227) focused on issues of racial/ethnic diversity.

A Progress Report on the Research Status of Racial/Ethnic Populations In Counseling and Psychology

The counseling and psychology fields are acknowledging the need to respond to demographic changes. Counseling is calling multiculturalism the "Fourth Force" within the helping profession (Pedersen, 1991, p. 6). For psychology, Grisso et al. (1991) recently contended that the need for research with vulnerable populations (minorities) was a future challenge for research for Psychology. Universities across the country are calling for information concerning diverse populations (Gilley, 1991; Oliver & Johnson, 1988). Multiculturalism focuses on racially/ethnically diverse populations' issues in all arenas of life (e.g., community, education, and industry at the individual, familial and systems levels). In this paper the term "racially/ethnically diverse populations" will be used rather than racial/ethnic "minorities" because of the pejorative label.

Today, there appears to be an urgency to learn more about racially/ethnically diverse populations. This urgency is influenced by demographic changes that force communities, educational institutions, and industry across the entire nation to respond to diversity. Considering these pressing needs, it would seem reasonable to expect research with these populations to increase. Such information would furnish community, educational, and industrial leaders with useful knowledge about these special

populations in hopes of developing a more diverse, creative, and productive nation.

Expansion of our scholarly community is necessary to create educational settings that will facilitate learning and contribute to practice. Such research may continue to sensitize the professions of counseling and psychology to issues of racial/ethnic diversity. Unfortunately, research regarding racial/ethnic diversity has been somewhat infrequent (Atkinson, Morten, & Sue, 1979; Draguns, 1981; Katz, 1985; Lee, 1982; Sue, 1981; and Vontress, 1969). Even in a recent issue of the American Psychologist, Grisso et al. (1991) acknowledged the need for more investigations with racially/ethnically diverse populations and proclaimed it to be a "future challenge for standards in research," (p. 760).

In less than a decade, America will be a nation in which one in three Americans will be non-white (Hodgkinson, 1985). Currently, the number of non-white people in this country is so large that it is important for counseling and psychology to learn how to understand racially/ethnically diverse populations so as to be better able to assist these populations within our society.

By calling attention to these issues, counseling and psychology professionals may become more interested in exploring these areas. Involving more counseling and psychology professionals in such efforts is critical considering the shortage of racially/ethnically diverse professionals in these fields (Boxley & Wagner, 1971; Kennedy & Wagner, 1979; Parham & Moreland,

1981). Essentially, it seems imperative for counseling, psychology, and education as professions to view their services from the perspective of the people whom they serve.

The purpose of the present study was to assess the status of research as regards racially/ethnically diverse populations in the professions of counseling and psychology, as reflected in the publications of selected journals of the American Psychological Association (APA) and the American Counseling Association (ACA--formerly the American Association for Counseling and Development, and before that the American Personnel and Guidance Association), from 1980 to 1990. The identified articles were indexed across topic areas to determine if particular issues enjoyed more coverage than others. Clusters of (a) authors and (b) institutional affiliations were created to determine if additional patterns emerged. Implications and recommendations for counseling, psychology, and educators in these fields are offered. It was hypothesized that there would be an increase in the number of articles published in these journals since Casas' (1984) previous review in this area of inquiry.

This study focused on the four major racially/ethnically diverse populations in the United States. These four major populations are Asian Americans and Pacific Islanders, African Americans, Hispanic Americans, and Native Americans (including Eskimos and Aleuts). The rationale for using racially/ethnically diverse populations presented by Casas (1984):

> The word race is included in the term because three

of the four groups are representative of two distinct races, the Negroid (Black Americans) and Mongoloid (Asian Americans and Native Americans); depending on point of geographical origin (Puerto Rico, Argentina, Mexico, Venezuela, and others), the fourth group-Hispanic Americans-is representative of the following races: Caucasian, Mongoloid, Negroid, or various combinations of these. Consequently, to omit using the word race is to ignore a major, if not the major, characteristic (physical characteristics of genetic origin) that has been used to distinguish them from the majority of the Caucasian ethnic groups found in United States.

However, using race without the added word ethnicity could contribute to the mistaken belief that race by itself differentiates one group from another. Consequently, for the sake of accuracy, it is imperative that the word ethnicity be included in the umbrella term. Ethnicity as used here, and as previously defined, is a group classification of individuals who share a unique social and cultural heritage. With this perspective, ethnicity not only serves to separate the four groups from the majority Caucasian ethnic groups but also brings into focus the great ethnic and cultural diversity that is prevalent among and within the four groups

themselves. (p. 788)

When researching and working with racially/ethnically diverse populations, one must be careful when using the term culture. Although there are many different cultures within our society (e.g., gender, religion, age, sexual orientation, class), researchers in counseling and psychology must recognize the importance of limiting the discussion to the four major racially/ethnically diverse populations in the United States. Sue (1992) states:

> There are those who prefer to limit the discussion of multicultural counseling to what has been referred to as "Visible Racial Ethnic Minority Groups": African Americans, American Indians, Asian Americans, and Hispanics and Latinos. Those who hold this point of view acknowledge that to some extent all counseling is cross-cultural, but that the term can be defined so broadly that it dilutes the focus on racial and ethnic concerns (a primary one being racism) and allows counseling [and psychology] professionals to avoid and omit dealing with the four major groups in our society. (p.66)

With this in mind, we submit this preliminary study in hopes that it will stimulate counseling, psychology, and education professionals to further investigation of racially/ethnically diverse populations issues. After all, services for these populations should be viewed from the perspective of the people

whom they serve and the most efficient way to accomplish this is to research and understand these populations and people.

Method and Techniques

A selective review of the literature was performed on racial/ethnic issues in the fields of counseling and psychology. Ten APA and AACD journals were reviewed using the methods developed by Sundberg (1981) and Casas (1984). Casas and Sundberg maintained that interest in counseling and racial/ethnic diversity would be reflected in the APA and AACD journal articles because they were the most likely sources on counseling and psychotherapy. This study is designed to provide continuity and a comparison to Casas' (1984) study, which reported the relative frequency of articles dealing with racial/ethnic diversity published between 1975 and 1981. As in Casas' study, the following journals were reviewed from 1980 to 1990:

Elementary School Guidance and Counseling Journal;
Personnel and Guidance Journal;
Journal of Counseling Psychology;
The Counseling Psychologist;
Journal of Consulting and Clinical Psychology;
American Psychologist;
Professional Psychology;
Journal of Abnormal Psychology;
Counselor Education and Supervision; and
The School Counselor.

A proportion was derived as the number of racial/ethnic

related articles divided by the total number of articles in each journal. Then, all articles concerning racial/ethnic issues were indexed according to the following categories:

* Intervention and Techniques
* Assessment
* Client and/or Therapist Variables
* Intrapersonal Variables (e.g., personality, psychopathology, presenting problem)
* Extrapersonal Variables (e.g., sociopolitical, administrative, economic, demographic issues)
* Marriage and Family
* Miscellaneous

These categories were selected based on Sundberg's (1981) review of the literature pertaining to racial/ethnic diversity and therapy. The categorization of articles was determined by reviewing the abstract. When this was insufficient, the entire article was evaluated.

Results and Conclusions

Our expectation of an increase in articles related to racial/ethnic issues was not supported. This indicates there has not been an increase in this type of research. In general there continues to be limited research related to racial/ethnic issues in counseling and psychology. The present study shows that only 2.31% of the total articles reviewed (N=8,227) focused on issues of racial/ethnic diversity, as reported in Table 1. A reanalysis of (1984) data indicates that 2.49% of the articles were found to be related to racial/ethnic issues. In the seven years since his

study, not much has changed in the professions' major journals.

INSERT TABLE 1 ABOUT HERE.

Additional analysis of the articles (N=190) were distributed into the categories/themes reported in Table 2. The category dealing with client and/or therapist variables enjoyed the most coverage, approximately 21.1% (n=40).

INSERT TABLE 2 ABOUT HERE.

Further analysis of the data revealed that approximately 24.7% (n=47) of the 190 identified articles were generated by researchers out of California. The majority of these researchers were affiliated with the University of California System. The Table 3 data provide a more detailed summary by states.

INSERT TABLE 3 ABOUT HERE.

Table 4 provides a list of primary authors who produced more than one article. Primary authors with only one article were not listed. Within the identified articles, no apparent pattern emerged as regards the primary authors.

INSERT TABLE 4 ABOUT HERE.

Discussion

Despite the self imposed challenges to increase appreciation of diversity within counseling and psychology, there continues to be a dearth of research with racial/ethnic populations. While it

is recognized that many aspects of human behavior are universal (e.g., depression, anxiety), the conditions under which they are manifested for diverse populations can be different for different populations. As helping professions, counseling and psychology have the responsibility to devote more energy in applying science in these populations.

Considering our findings, the most obvious implication for counseling, psychology, and education professionals is to increase the awareness and understanding of racially/ethnically diverse populations through increased research. This can best be achieved through the following:

(1) Include the members of the population under investigation throughout the research process. For example, an individual (consultant) from within the population under investigation can be utilized from the initial planning stages to the final writing stages of the research process. This would provide a much needed realistic perspective which has not been a part of previous research dealing with racially/ethnically diverse populations.

(2) Increase researchers' sensitivity to within group differences. Basically, researchers must be aware and sensitive to within group differences which exist within racially/ethnically diverse populations. For example, Hispanic Americans can be divided into Mexicans, Cubans, Puerto Ricans, Peruvians, Costa Ricans, and others.

(3) Researchers must be cognizant of regional differences. In

other words, it is quite likely that Hispanics from Texas would differ from Hispanics in Chicago, New York, or Florida. This could be attributed to acculturation which involves personal identity, length of time in the United States, and other factors.

(4) Researchers must bridge post-secondary institutions with their respective communities in an effort to utilize already existing resources. Essentially, there appears to be a gap between the research institutions and their respective communities (potential research populations) which limits the generalizability of research completed in post-secondary (universities) settings.

(5) Researchers must move away from the use of an easily accessible population (i.e., college students) for research to a more representative sample of the population. In essence, research institutions must move away from using college students because of easy accessibility, and go into surrounding communities and conduct research which is more representative of the general population while developing working and long-lasting relationships with these communities.

Furthermore, it is important to increase the diversity within faculty and staff at post-secondary levels in order to provide the few racially/ethnically diverse students on campuses role models and mentors. This type of support has been demonstrated to be very helpful in recruiting, admitting, and retaining racially/ethnically diverse students at post-secondary levels. In addition,

racially/ethnically diverse faculty and staff members could provide a much needed sounding board (resource) for other faculty and staff members unfamiliar with the investigation of diverse populations.

Although our hypothesis was not supported, a great deal was learned about the status of research related to racially/ethnically diverse populations. Suggestions for further research in this area include: (1) a more positive perspective of racially/ethnically diverse populations versus negative perspective (deficit model) should be employed; (2) more evaluative research of currently implemented counseling programs and techniques would be useful; and, (3) further research in this area should expand the number of journals under investigation to include journals established after Sundberg's and Casas' studies (e.g., Journal of Counseling and Development).

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Table 1 Relative Frequency and Total Frequency of Articles Dealing with Racial/Ethnic Minorities Published Between 1980 and 1990 in Selective APA and AACD Journals

Journal	Total Articles	Articles Related to Racial/Ethnic Populations	Approximate Percent of Total Articles
American Psychologist	2724	32	1.17%
The Counseling Psychologist	414	26	6.28%
Counselor Education and Supervision	283	3	1.06%
Elementary School Guidance and Counseling Journal	303	7	2.31%
Journal of Abnormal Psychology	707	8	1.13%
Journal of Consulting and Clinical Psychology	1538	47	3%
Journal of Counseling Psychology	853	41	4.81%
Personnel and Guidance Journal	259	9	3.47%
Professional Psychology	761	11	1.44%
The School Counselor	385	6	1.5%
TOTAL	8227	190	2.31%

Table 2 Relative Frequency of Identified Articles (N=190) by Categories/Themes

Categories/Themes	Frequencies
Intervention and Techniques	28
Assessment	39
Client and/or Therapist Variables	40
Intrapersonal Variables	21
Extrapersonal Variables	33
Marriage and Family	6
Miscellaneous	23
TOTAL	190

Table 3 Relative Frequency and Percentages of Identified Articles (N=190) Sorted by States

Location	Frequencies
Alabama	1
Alaska	1
Arizona	1
Arkansas	1
California	47
Colorado	5
Connecticut	2
Delaware	1
Florida	12
Hawaii	2
Illinois	11
Indiana	1
Iowa	5
Kentucky	1
Maryland	10
Massachusetts	2
Michigan	2
Minnesota	2
Mississippi	4
Missouri	1
Montana	2
New Jersey	4
New Mexico	1
New York	23
North Carolina	5
Ohio	4
Oklahoma	1
Pennsylvania	3
Rhode Island	1
South Carolina	1
Texas	15
Utah	2
Virginia	3
Washington	2
Washington, DC	4
International	3
Canada	2
Jerusalem	1
TOTAL	190

Table 4 Primary authors with more than one article

Primary Author	Frequencies
Atkinson, David	4
Eade, Eldon	2
Helms, Janet E.	4
Herring, Roger D.	2
Malgady, Robert G.	4
Penk, W. E.	2
Ponterotto, Joseph	2
Pritchard, David A.	2
Sanchez, Arthur	2
Smith, Elsie M.	3
Sue, Stanley	4
Suinn, Richard M.	2
Szapooznik, Jose	4
Wainer, Howard	2
Watkins, C.	2
TOTAL	41